

RAKUEN TRANSLATIONS



TRANSLATOR:

/A/NONYMOUS

PROOFREADER:

/A/NONYMOUS

RAW PROVIDER:

/A/NONYMOUS

CLEANER:

PAPO41

TYPESETTER:

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READING:
BATOTO

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MEGA



RAKUEN TRANSLATIONS



IKEBUKUROTRANSLATIONS.
BLOGSPOT.PE

DEAR SUCCUBUS SISTER

WE ARE LOOKING TRANSLATORS FOR:



Author: Kadono Yu

RENGOKU NO KARMA



Author: Hirose Shun

RAKUEN TRANSLATIONS

IF YOU'RE INTERESTED
ON HELPING US,
WRITE US ON OUR
FACEBOOK PAGE OR
CONTACT US AT OUR
BATOTO ACCOUNT
PAPO41



WE'RE ALSO RECRUITING TYPESETTERS,
REDRAWERS AND CLEANERS.

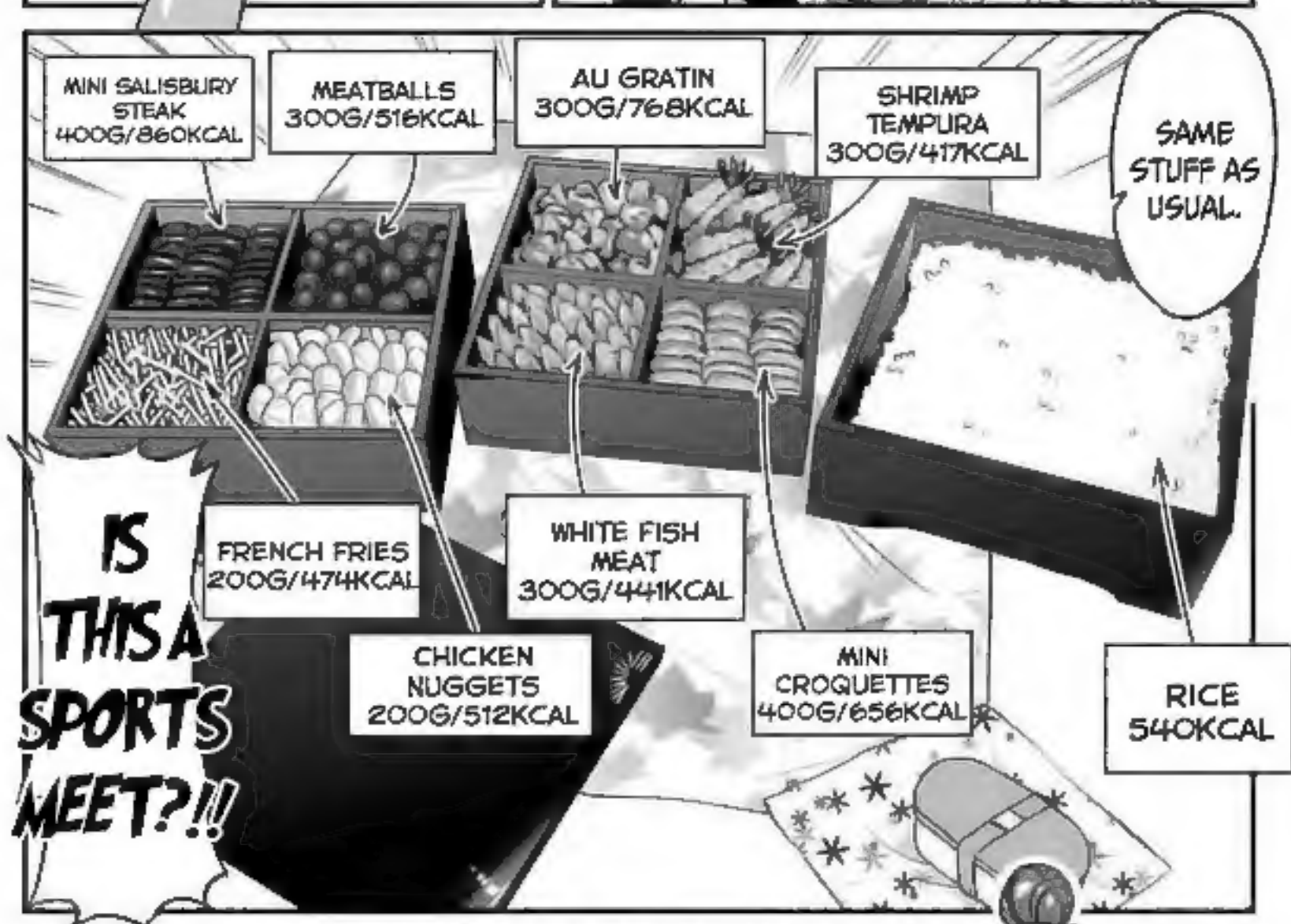
CHAPTER 7: DIETING







ダブル
何きろ
持てろ?





TO REACH
MY GOAL
AND GET
THIN, I'M
SKIPPING
SNACK-TIME
AND ONLY
EATIN'
TWICE A
DAY!



IT'S NOT MY
FAULT,
I'M TRYING MY
HARDEST TO
NOT EAT
ANYTHING
UNTIL
LUNCHTIME.



...UM...
HIBIKI?



HEY,
JUST YOU
LOOK,
I'M KEEPIN' A
NICE BODY ALL
MORNING,
TIL I EAT.



OH...
WELL FOR
SOMEONE
WITH NO
WILL-
POWER
LIKE
YOU...



THAT DIET
HAS THE
EXACT
OPPOSITE
EFFECT
YOU'RE
GOING
FOR.

THAT IS THE
SAME METHOD
SUMO
WRESTLERS
USE TO GAIN
WEIGHT.

your
blood
sugar
levels
increase
dramati-
cally.



If you
suddenly
eat huge
amounts on
an empty
stomach,
called,
"binge
eating",

It is your
body's mecha-
nism to
retain all
your food
energy
without
waste as a
result of
binge
eating,
by storing
it in fat
cells.



Muscles

Fat

Excessively
excreted
insulin will
not send all
that energy
into only
muscle
cells, but
also to
your fat
cells.

insulin,
will be
excre-
ted en
masse.

Insulin

When that
happens,
the hor-
mone that
carries
energy to
cells,

IT
ACTUALLY
SUCKS
YOU MADE
THIS EASY
TO UNDER-
STAND...!

KH...!
YOU EVEN
HAD A
TABLET
PREPA-
RED...!

FUFU,
THIS IS
GOOD
STUFF.

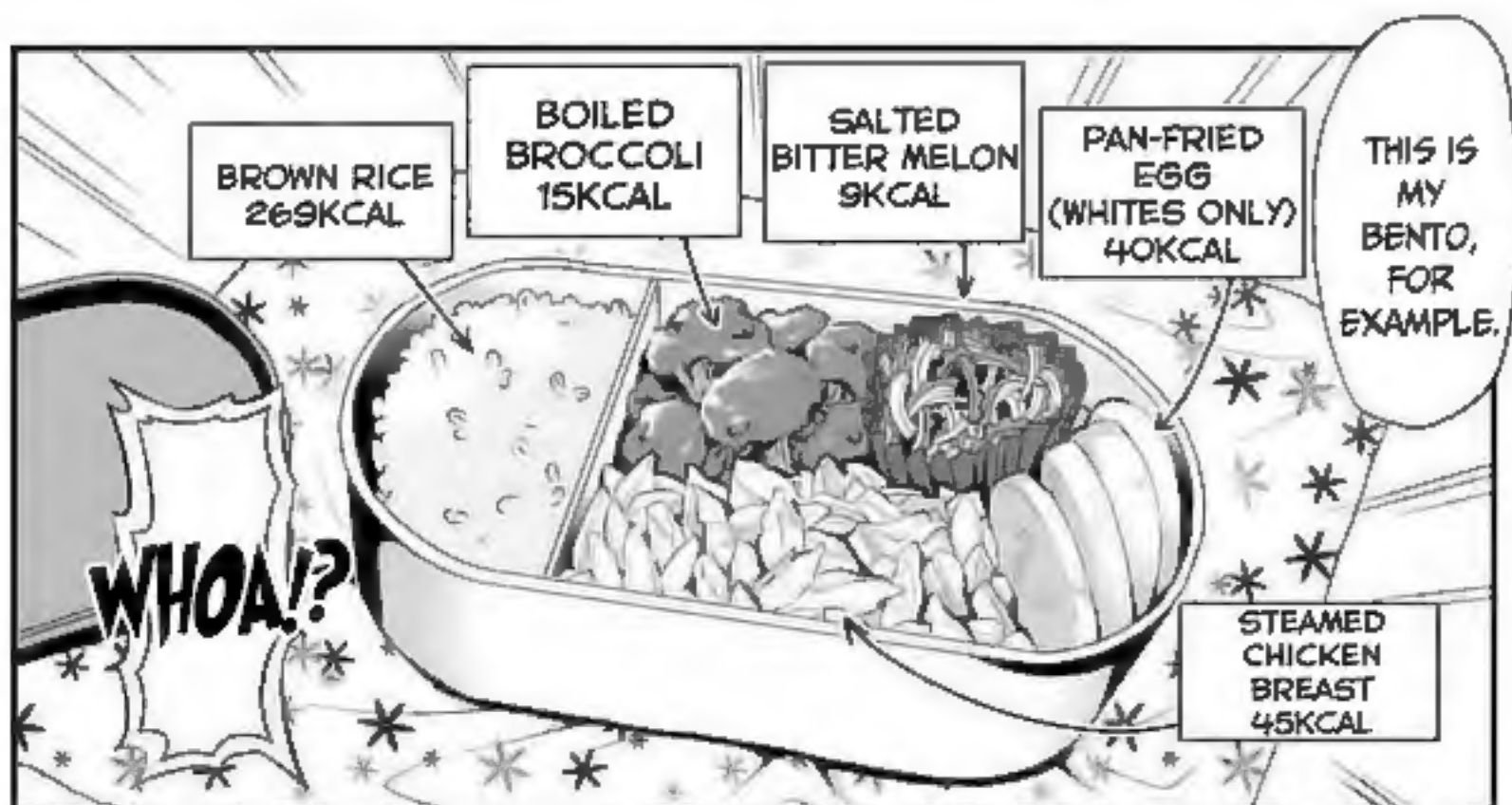
IN OTHER
WORDS,
LIVING A
LIFESTYLE OF
SKIPPING
WOULD BREAKFAST
MAKE ONLY TO EAT
GAINING A VASTLY
JUST FAT LARGER
VERY LUNCH,
EASY. LIKE HIBIKI,

IT'S OKAY,
HIBIKI,
THERE IS STILL
TIME BEFORE
SUMMER.

NOW I'M
NEVER
GONNA LOSE
WEIGHT
BEFORE
SUMMER'S
HERE...

AAAAA
AHHHH
I'VE RUINED
EVERY-
THING!!!





I EAT
SNACKS,
TOO.

MY BODY
REALLY
JUST CAN'T
DEAL WITH
THREE
MEALS A
DAY.

NO
MATTER
HOW
GOOD IT
MIGHT
BE FOR
MY
HEALTH...

STILL...

Instead of
eating
everything
in one
meal,
you eat
many
meals.

A body-
builder's
diet is the
opposite
to binge
eating

The goal is
to protect
yourself
from blood
sugar level
spikes by
never having
an empty
stomach.

OF COURSE.
I SNACK TWICE
ASIDE FROM
MORNING,
AFTERNOON
AND EVEN NG
MEALS,
SO I EAT FIVE
TIMES DAILY

SERIOUS-
LY!!?
YOU SNACK
AND
LOOK LIKE
THAT!!?

SO I CAN
EAT WAY
MORE
THAN I
THOUGHT.

THE THEME
IS CHOOSING
SIMPLE
INGREDIENTS
WITH LOW-
CALORIES.

AND
PROTEIN
SUPPLE-
MENTS,
OF
COURSE!

83KCAL
(WHEN DILUTED
IN WATER)

like
protein
bars,

You
can
eat
snacks
often,

210KCAL

and
canned
macker-
rel,

322KCAL



THAT
SETTLES IT!
I SHOULD
TRY THE
BODYBUIL-
DER DIET
AND LOSE
WEIGHT FOR
SUMMER!!!!

clap clap clap



DON'T
WORRY
ABOUT IT,
HIBIKI!!!

THIS
GIRL...!
FAILED
BEFORE
SHE EVEN
STARTED!

NO
MORE
KARAGE
OR
RAMEN...

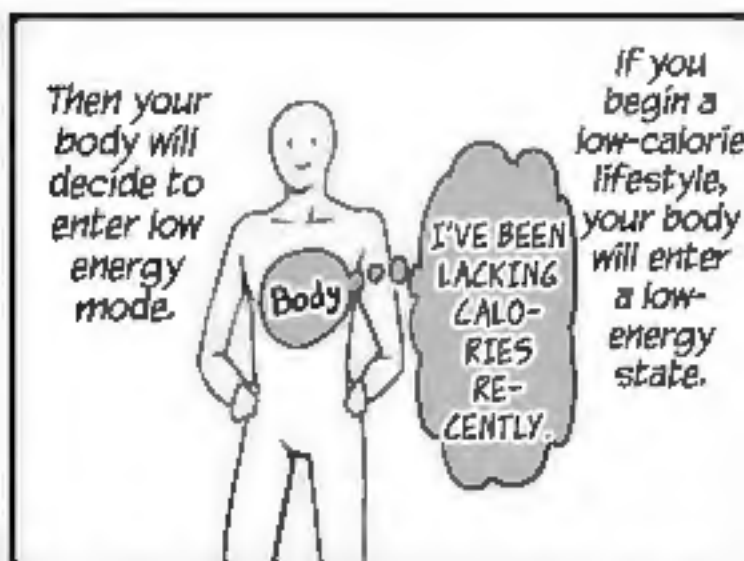
ONLY...
NOW I
CAN'T
HAVE ANY
OF THE
HIGH-
CALORIE
STUFF...



BY GIVING YOURSELF
A "CHEAT DAY" TO EAT
YOUR FAVORITES,
IT ACTUALLY IMPRO-
VES THIS DIET'S
EFFECTIVENESS!

Cheat Day

IT ISN'T
NECESSARY TO
COMPLETELY
ELIMINATE
HIGH-CALORIE
FOOD AT ALL.





OMELETTE
RICE
700KCAL

Time
to
eat...!

NAPOLITAN
750KCAL

STEAK
844KCAL

THIS GIRL...
DOESN'T
UNDERSTAND
A
THING...

THE DAY
HIBIKI
REACHES
HER
GOALS IS
STILL FAR
AWAY...

...NO, WAIT, HIBIKI...
YOU REALLY NEED
TO ADJUST TO A
LOW-CALORIE DIET
FIRST OR THERE'S
NO POINT TO THE
CHEAT DAY...

This happened before
as well...

**TODAY'S
A CHEAT
DAY!!!!
GONNA
EAT SO
MUCH!!!!**



HOME-COOKING

